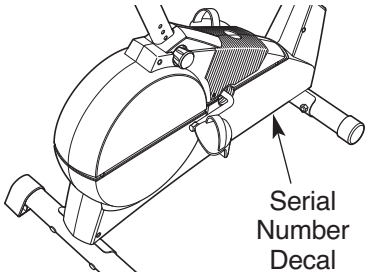
PRO-FORM®

SR 20

Patent Pending

Model No. PFCCEX20020
Serial No. _____



QUESTIONS?

If you have questions, or if there are missing or damaged parts, we will guarantee complete satisfaction through direct assistance from our factory.

TO AVOID DELAYS, PLEASE CALL DIRECT TO OUR TOLL-FREE CUSTOMER HOT LINE. The trained technicians on our customer hot line will provide immediate assistance, free of charge to you.

CUSTOMER HOT LINE:
1-888-936-4266
Mon.–Fri., 8h00–18h30 EST

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL

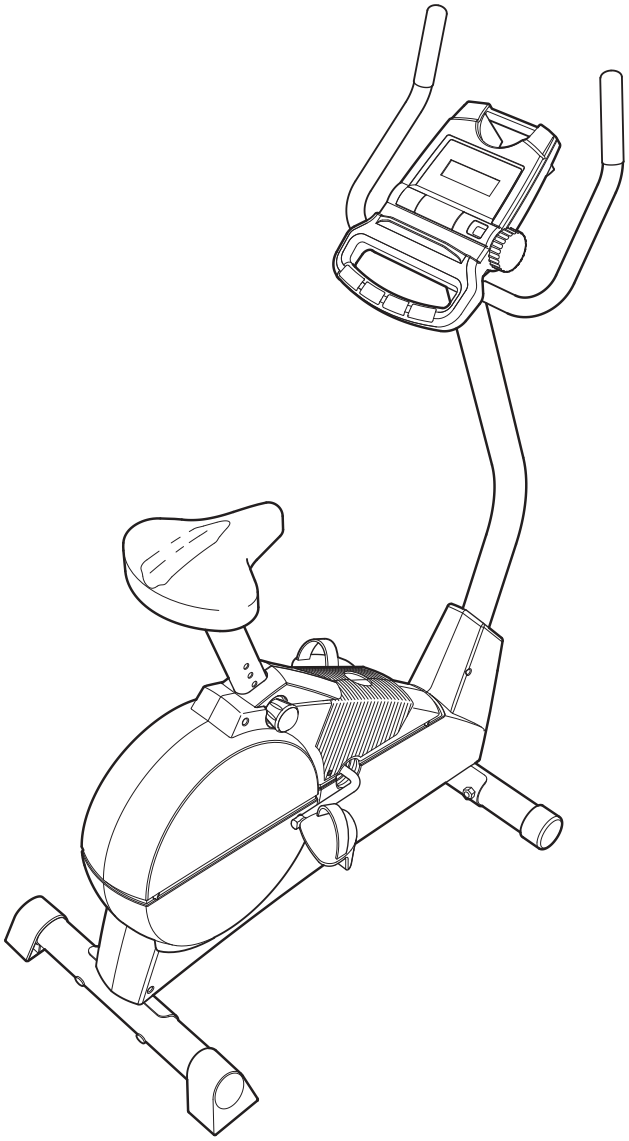


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TABLE OF CONTENTS

IMPORTANT PRECAUTIONS 2
BEFORE YOU BEGIN 3
ASSEMBLY 4
HOW TO OPERATE THE EXERCISE CYCLE 8
MAINTENANCE AND TROUBLESHOOTING 11
CONDITIONING GUIDELINES 12
PART LIST 14
EXPLODED DRAWING 15
HOW TO ORDER REPLACEMENT PARTS . . . . . .Back Cover
LIMITED WARRANTY . . . . . .Back Cover

IMPORTANT PRECAUTIONS

⚠ WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.

1. **Read all instructions in this manual before using the exercise cycle.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions. Use the exercise cycle only as described in this manual.**
3. **Use the exercise cycle indoors on a level surface. Keep the exercise cycle away from moisture and dust. Place a mat under the exercise cycle to protect the floor.**
4. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
6. **Wear appropriate clothes when exercising; do not wear loose clothes that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
7. **The exercise cycle should not be used by persons weighing more than 250 pounds.**
8. **Always keep your back straight when using the exercise cycle; do not arch your back.**
9. **If you feel pain or dizziness while exercising, stop immediately and cool down.**
10. **The exercise cycle does not have a free wheel; the pedals will continue to move until the flywheel stops.**
11. **The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**
12. **The exercise cycle is intended for home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**

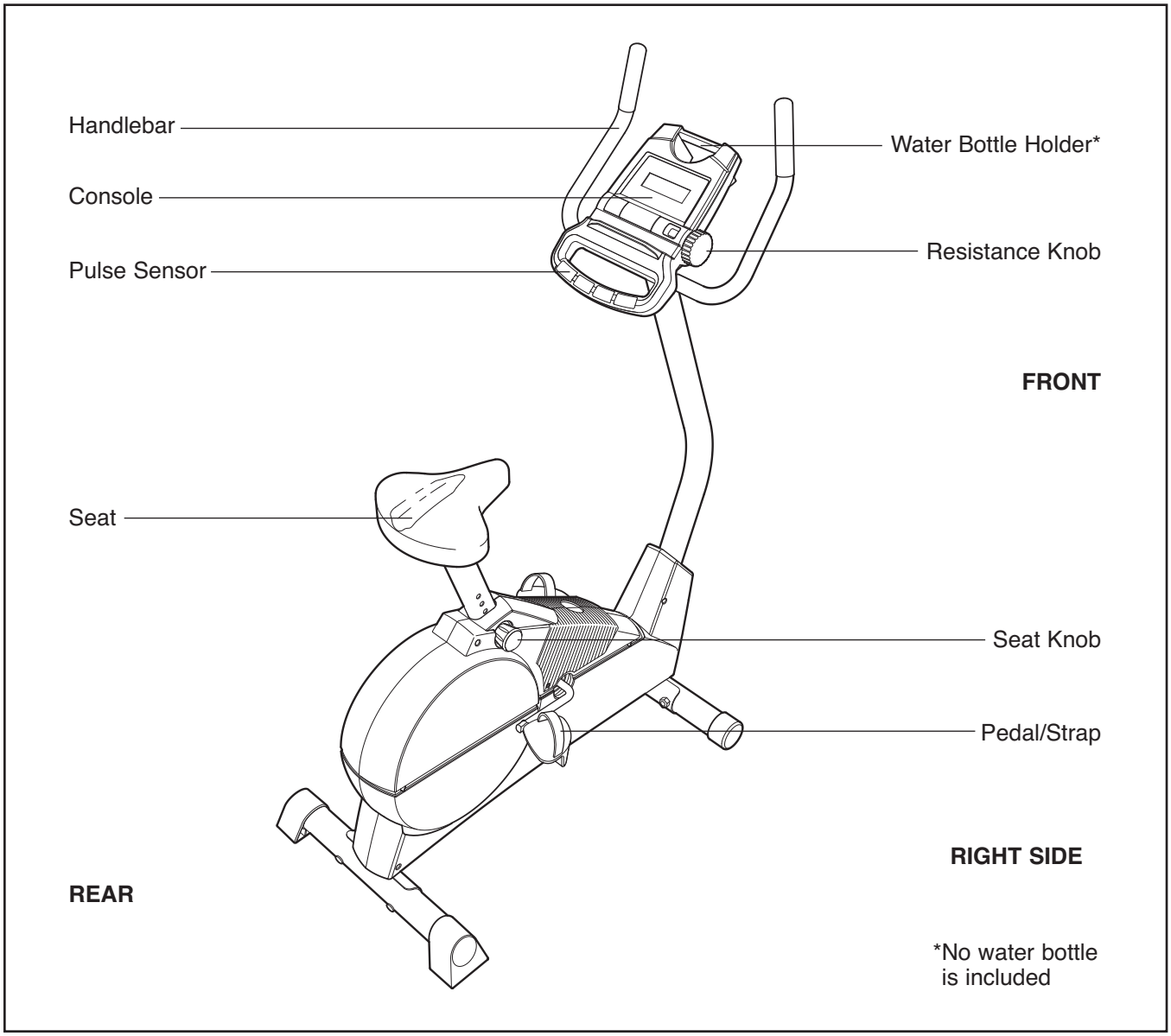
⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

BEFORE YOU BEGIN

Congratulations for selecting the new PROFORM® SR 20 exercise cycle. Cycling is one of the most effective exercises for increasing cardiovascular fitness, building endurance, and toning the entire body. The PROFORM® SR 20 offers a selection of features designed to let you enjoy this healthful exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the exercise cycle. If you have questions after reading this manual, please call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please note the product model number and serial number before calling. The model number is PFCCEX20020. The serial number can be found on a decal attached to the exercise cycle (see the front cover of this manual).

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.

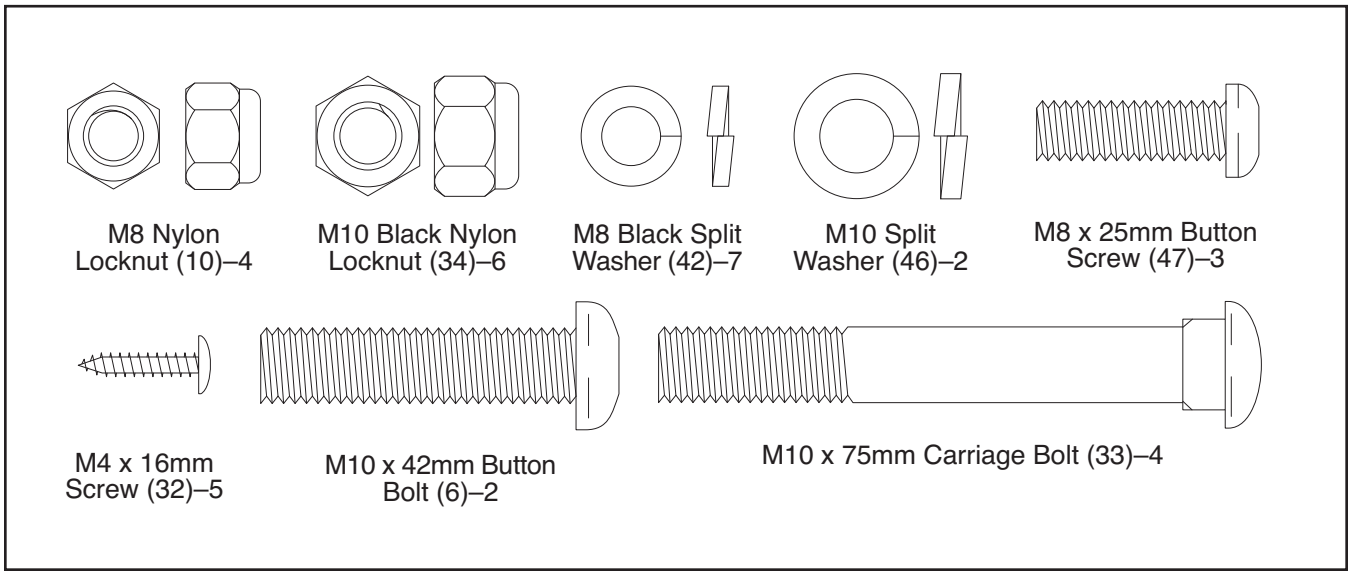


ASSEMBLY

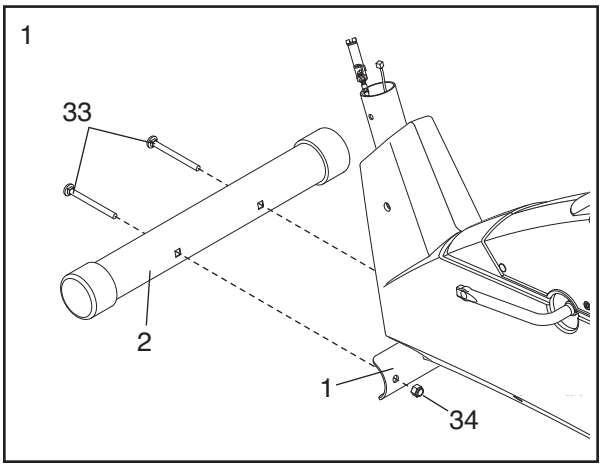
Assembly requires two persons. Place all parts of the exercise cycle in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed.

Assembly requires the included tools and your own adjustable wrench **and Phillips screwdriver** **.**

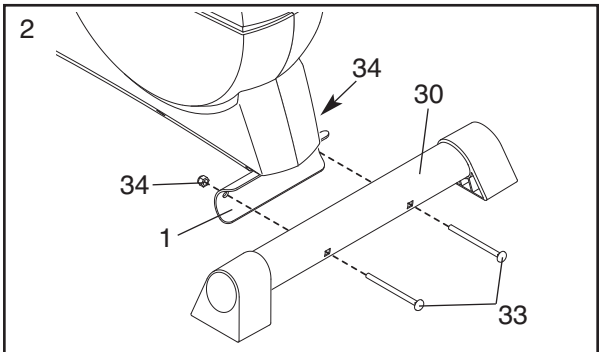
Use the part drawings below to identify the small parts used in assembly. The number in parenthesis below each drawing refers to the key number of the part, from the PART LIST on page 14. The second number refers to the quantity needed for assembly. **Note: Some small parts may have been pre-attached for shipping. If a part is not in the parts bag, check to see if it has been pre-attached.**


M8 Nylon Locknut (10)–4
M10 Black Nylon Locknut (34)–6
M8 Black Split Washer (42)–7
M10 Split Washer (46)–2
M8 x 25mm Button Screw (47)–3
M4 x 16mm Screw (32)–5
M10 x 42mm Button Bolt (6)–2
M10 x 75mm Carriage Bolt (33)–4

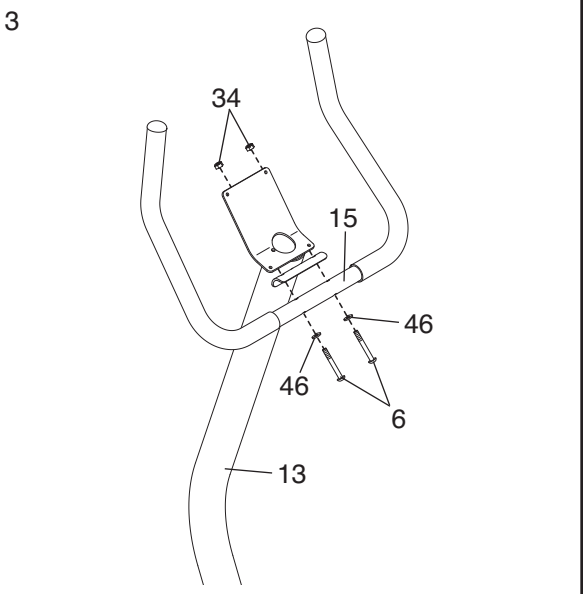
1. Identify the Front Stabilizer (2). While another person lifts the front of the Frame (1) slightly, attach the Front Stabilizer to the Frame with two M10 x 75mm Carriage Bolts (33) and two M10 Black Nylon Locknuts (34).



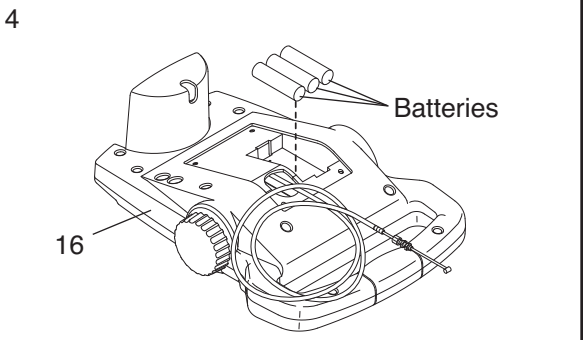
2. While another person lifts the back of the Frame (1) slightly, attach the Rear Stabilizer (30) to the Frame with two M10 x 75mm Carriage Bolts (33) and two M10 Black Nylon Locknuts (34).



3. Attach the Handlebar (15) to the Upright (13) with two M10 x 42mm Button Bolts (6), two M10 Split Washers (46), and two M10 Black Nylon Locknuts (34).

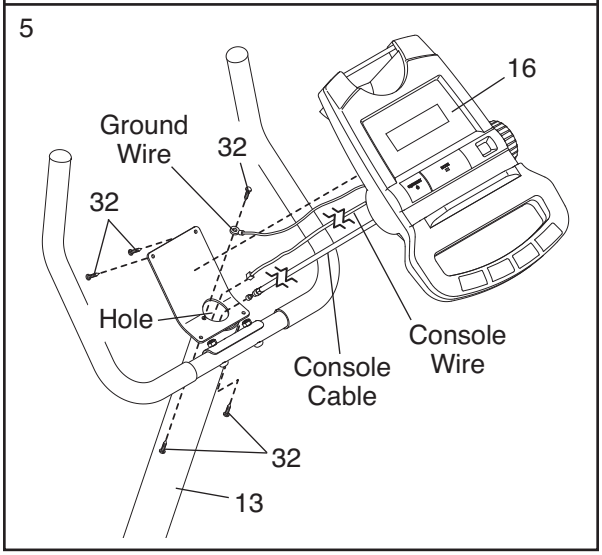


4. The Console (16) requires three "AA" batteries (not included); alkaline batteries are recommended. Insert three batteries into the Console as shown. **Make sure that the batteries are oriented as shown by the diagram inside the Console.**



5. Hold the Console (16) near the Upright (13). Insert the console cable and the console wire into the indicated hole and down through the Upright. Attach the ground wire to the Upright with an M4 x 16mm Screw (32).

   Insert the excess wire and cable into the Upright (13). Attach the Console (16) to the Upright with four M4 x 16mm Screws (32). **Make sure that the wires and the cable are not pinched.**



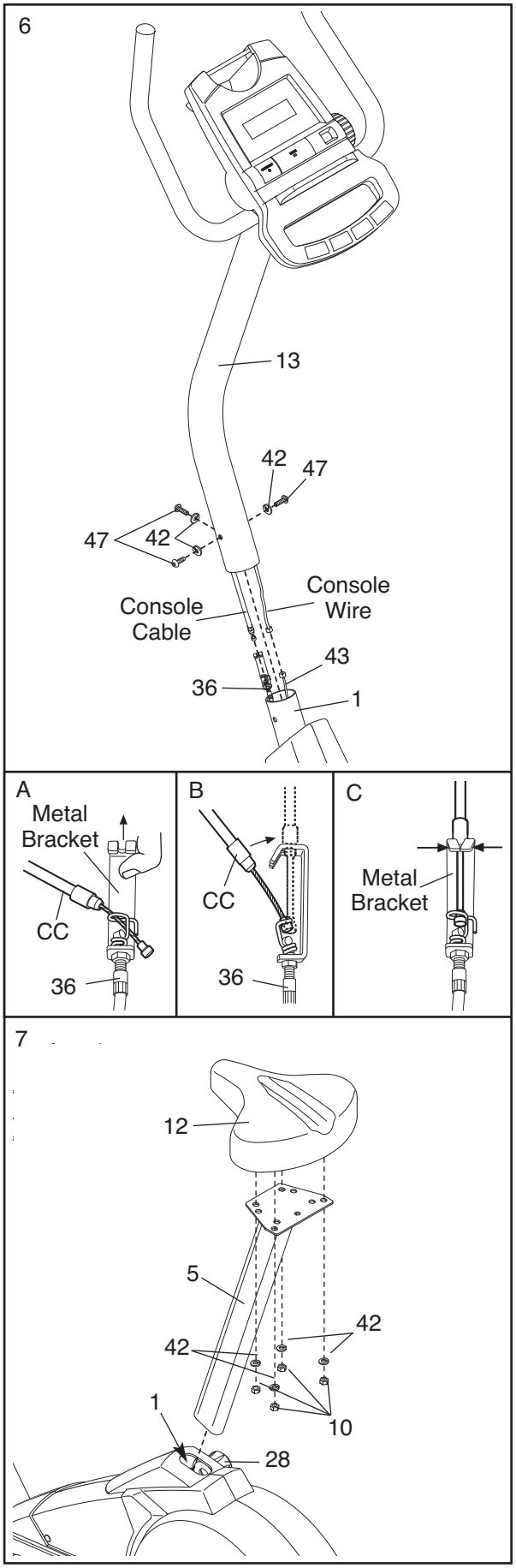
6. While another person holds the Upright (13) in the position shown, connect the console wire to the Reed Switch Wire (43). Next, connect the console cable to the Lower Cable (36) in the following way:

   • Refer to inset drawing A. Pull up on the metal bracket on the Lower Cable (36), and insert the tip of the console cable (CC) into the wire clip inside of the metal bracket.

   • Refer to inset drawing B. **Firmly** pull the console cable (CC) and slide it into the metal bracket on the Lower Cable (36) as shown.

   • Refer to inset drawing C. Using pliers, squeeze the prongs on the upper end of the metal bracket together.

   Insert the excess wire and cable down into the Frame (1). Insert the Upright (13) into the Frame. **Make sure that the wires and cables are not pinched.** Attach the Upright to the Frame with three M8 x 25mm Button Screws (47) and three M8 Black Split Washers (42).

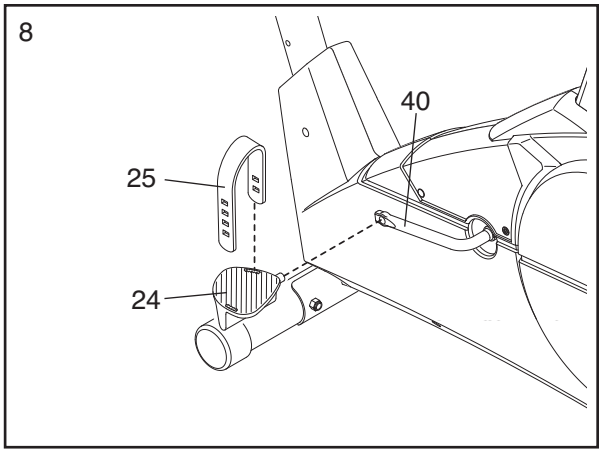


7. Attach the Seat (12) to the Seat Post (5) with four M8 Nylon Locknuts (10) and four M8 Black Split Washers (42). Note: The Nylon Locknuts and Split Washers may be preattached to the Seat.

   Turn the Seat Knob (28) counterclockwise two or three turns to loosen it (if the Seat Knob is not loosened enough, it may scratch the Seat Post [5]). Next, pull the Seat Knob, slide the Seat Post into the Frame (1), and then release the Seat Knob. **Move the Seat Post up and down slightly until the pin on the Seat Knob snaps into one of the holes in the Seat Post.** Then, turn the Seat Knob clockwise until it is tight.

8. Identify the Left Pedal (24), which is marked with an "L." Using an adjustable wrench, **firmly tighten** the Left Pedal *counterclockwise* into the Left Crank Arm (40). Tighten the Right Pedal (not shown) *clockwise* into the Right Crank Arm. **Important: Tighten both Pedals as firmly as possible. After using the exercise cycle for one week, retighten the Pedals. For best performance, the Pedals must be kept tightened.**

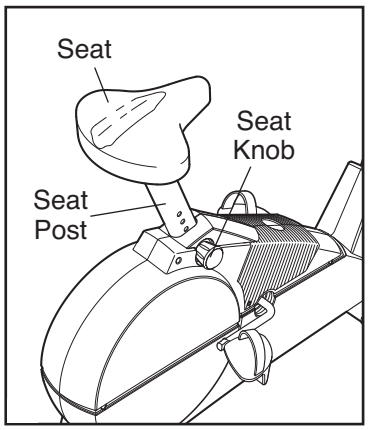
   Adjust the left Pedal Strap (25) to the desired position, and press the end of the Pedal Strap onto the tab on the side of the Left Pedal (24). Adjust the other Pedal Strap (not shown) in the same way.



9. **Make sure that all parts are properly tightened before you use the exercise cycle.** Note: After assembly is completed, some extra parts may be left over. Place a mat beneath the exercise cycle to protect the floor.

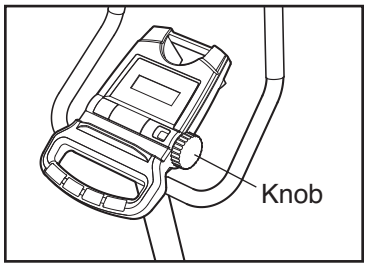
HOW TO OPERATE THE EXERCISE CYCLE

HOW TO ADJUST THE SEAT



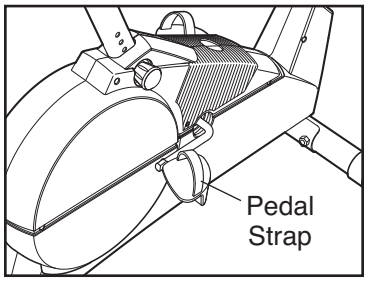
For effective exercise, the seat should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the height of the seat, first turn the seat knob counterclockwise two or three turns to loosen it (if the knob is not loosened enough, it may scratch the seat post). Next, pull the knob, slide the seat post to the desired height, and then release the knob. **Move the seat post up and down slightly until the pin on the knob snaps into one of the holes in the seat post.** Then, turn the knob clockwise until it is tight.

HOW TO ADJUST THE PEDALING RESISTANCE



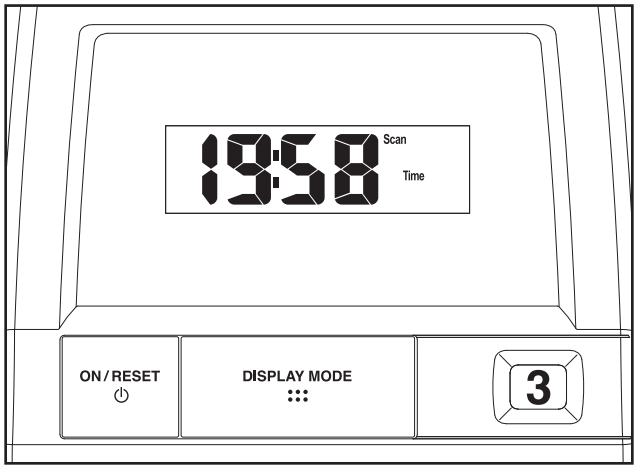
To adjust the pedaling resistance, turn the resistance knob on the console. Numbers beside the knob will show which resistance level is selected. **Important: Stop turning the knob when turning becomes difficult, or the console may become damaged.**

HOW TO ADJUST THE PEDAL STRAPS



To adjust the pedal straps, first pull the ends of the pedal straps off the tabs on the pedals. Adjust the pedal straps to the desired position, and then press the ends of the pedal straps back onto the tabs.

FEATURES OF THE CONSOLE



The easy-to-use console features seven modes that provide instant exercise feedback during your workouts. The modes are described below.

Speed—This mode displays your pedaling speed.

Time—This mode displays the elapsed time. Note: When you stop pedaling for a few seconds, the time mode will pause.

Distance—This mode displays the distance you have pedaled.

Calories—This mode displays the approximate number of calories you have burned.

Fat Calories—This mode displays the approximate number of fat calories you have burned (see FAT BURNING on page 12).

Scan—This mode displays the speed, time, distance, calorie, and fat calorie modes, for a few seconds each, in a repeating cycle.

Pulse (BPM)—This mode displays your heart rate when you use the pulse sensor.

Note: The console can display speed and distance in either miles or kilometers. To change the unit of measurement, hold down the On/Reset button for a few seconds. The mode indicators will show which unit of measurement is selected. When the batteries are replaced, it may be necessary to reselect the desired unit of measurement.

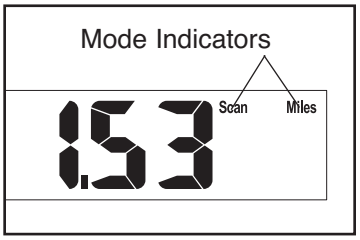
HOW TO OPERATE THE CONSOLE

Make sure that there are batteries in the console (see BATTERY REPLACEMENT on page 11). If there is a thin sheet of clear plastic on the console, remove it.

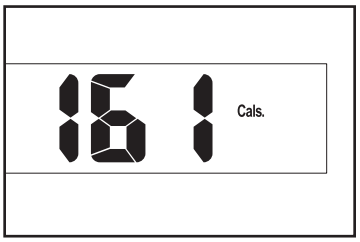
Follow the steps below to operate the console.

1. To turn on the power, press the On/Reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for use.

2. Select one of the modes:



Scan mode—When the power is turned on, the scan mode will automatically be selected. The scan indicator will appear in the display to show that the scan mode is selected, and a second mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the Display Mode button.

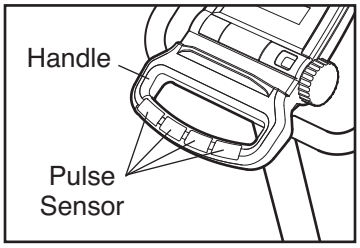


Speed, time, distance, calories, or fat calories mode—To select one of these modes for continuous display, press the Display Mode button repeatedly until only the MPH (or Km/H), Time, Miles (or Kms), Cals., or Fat Cals. indicator appears in the display. Make sure that the Scan indicator does not appear.

To reset the display, press the On/Reset button.

3. **Measure your heart rate if desired.**

Note: If there are thin sheets of plastic on the metal contacts of the pulse sensor, peel off the plastic.



To use the pulse sensor, hold the handle on the console, with your right palm covering the two right contacts and your left palm covering the two left contacts. Avoid moving your hands. When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes (– –) will appear. After a moment, your heart rate will be shown. For the most accurate heart rate reading, continue to hold the handgrips for about 15 seconds.

⚠ WARNING: The heart rate sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate sensor is intended only as an exercise aid in determining heart rate trends in general.

4. To turn off the power, simply wait for a few minutes. **The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for a few minutes, the power will automatically turn off to conserve the batteries.**

MAINTENANCE AND TROUBLESHOOTING

Inspect and properly tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

To clean the exercise cycle, use a damp cloth and a small amount of mild soap. **Important: To avoid damage to the console, keep liquids away from the console and keep the console out of direct sunlight.**

PULSE SENSOR TROUBLESHOOTING

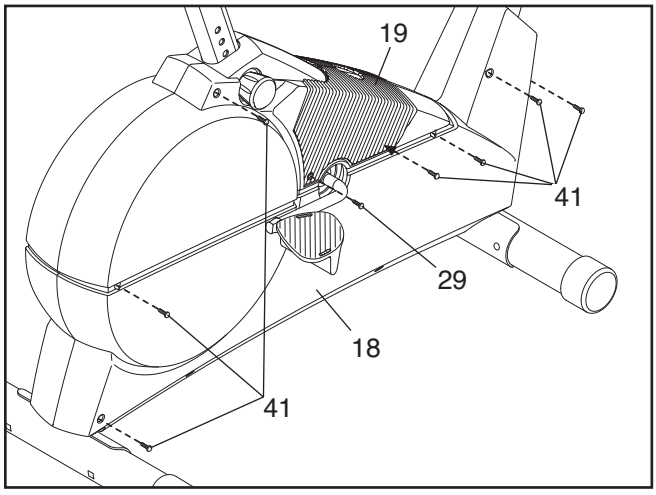
For optimal performance of the pulse sensor, keep the metal contacts clean. The contacts can be cleaned with a soft cloth—never use alcohol, abrasives, or chemicals.

Avoid moving your hands while using the pulse sensor. Excessive movement may interfere with heart rate readings. Do not hold the metal contacts too tightly; doing so may interfere with heart rate readings. For the most accurate heart rate reading, hold the metal contacts for about 15 seconds.

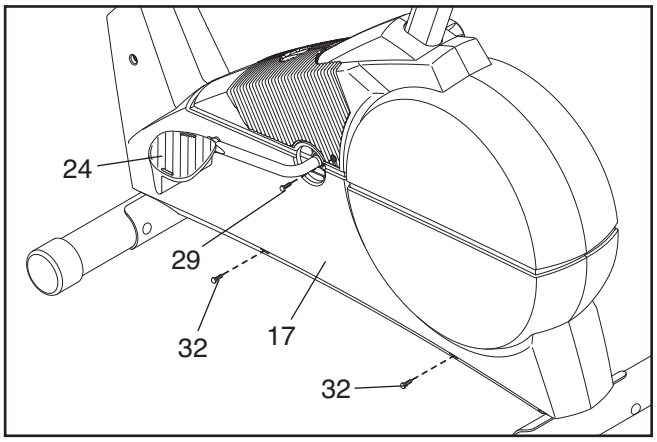
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted. To adjust the reed switch, the left side shield must be removed.

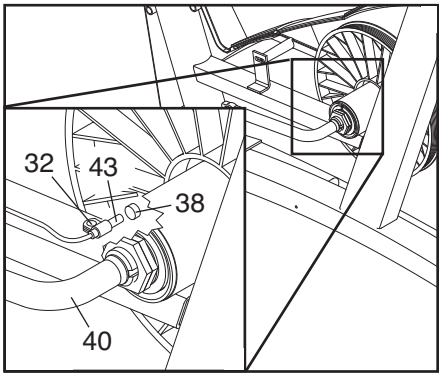
First, remove the seven M4 x 25mm Screws (41) from the Right Side Shield (18). Next, remove the M4 x 12mm Round Head Screw (29) from the right side of the Side Shield Cover (19).



Using an adjustable wrench, turn the Left Pedal (24) clockwise and remove it. Next, remove the two M4 x 16mm Screws (32) from the Left Side Shield (17) and the M4 x 12mm Round Head Screw (29) from the Side Shield Cover (19). Lift off the Side Shield Cover and the Left Side Shield.



Next, locate the Reed Switch (43). Turn the Crank Arm (40) until the Magnet (38) is aligned with the Reed Switch. Loosen, but do not remove, the indicated M4 x 16mm Screw (32). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank Arm for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield, the side shield cover, and the left pedal.



BATTERY REPLACEMENT

If the console display becomes dim, the batteries should be replaced; most console problems are the result of low batteries. To replace the batteries, refer to assembly step 5 on page 5 and remove the console from the upright. Next, refer to step 4 and insert three batteries into the console. Reattach the console to the upright. **Be careful not to pinch the wires or the cable.**

CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

⚠ WARNING:

- **Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**
- **The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.**

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	
145	*138*	*130*	*125*	*118*	*110*	*103*	
125	*120*	*115*	*110*	*105*	*95*	*90*	
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper heart rate for you, first find your age at the bottom of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers above your age. The three numbers are your "training zone." The lowest number is the recommended heart rate for fat burning; the middle number is the recommended heart rate for maximum fat burning; the highest number is the recommended heart rate for aerobic exercise.

Fat Burning

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

During the first few minutes of exercise, your body uses easily accessible *carbohydrate* calories for energy. Only after the first few minutes of exercise does your body begin to use stored *fat* calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise. For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be "aerobic." Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Each workout should include the following three parts:

A warm-up, consisting of 5 to 10 minutes of stretching and light exercise. A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training zone exercise, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. Note: During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.

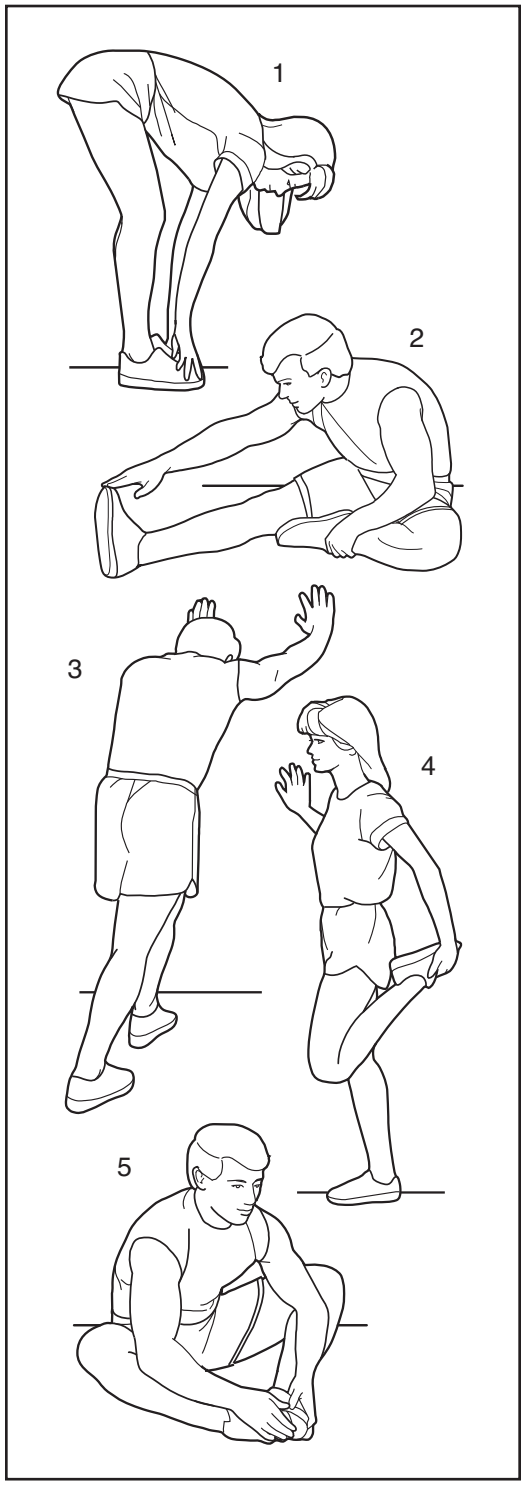
A cool-down, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.



1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.

HOW TO ORDER REPLACEMENT PARTS

To order replacement parts, call our Customer Service Department toll-free at 1-888-936-4266, Monday through Friday, 8h00 until 18h30 Eastern Time (excluding holidays). To help us assist you, please be prepared to give the following information:

- The MODEL NUMBER of the product (PFCCEX20020)
- The NAME of the product (PROFORM® SR 20 exercise cycle)
- The SERIAL NUMBER of the product (see the front cover of this manual)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 and the EXPLODED DRAWING on page 15)

PROFORM is a registered trademark of ICON IP, Inc.

LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON), warrants this product to be free from defects in workmanship and material, under normal use and service conditions, for a period of one (1) year from the date of purchase. This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center, products used for commercial or rental purposes, or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal, installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813

Part No. 220014 R1104A

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EXPLODED DRAWING—Model No. PFCCEX20020

R1104A

Key No.	Qty.	Description
1	1	Frame
2	1	Front Stabilizer
3	2	M4 x 5mm Screw
4	2	Rear Endcap
5	1	Seat Post
6	2	M10 x 42mm Button Bolt
7	2	Handlebar Endcap
8	2	Foam Grip
9	1	Crank Nut
10	5	M8 Nylon Locknut
11	1	Adjustment Screw
12	1	Seat
13	1	Upright
14	1	M8 x 22mm Bolt
15	1	Handlebar
16	1	Console
17	1	Left Side Shield
18	1	Right Side Shield
19	1	Side Shield Cover
20	1	Seat Post Bushing
21	2	M5 x 14mm Screw
22	1	Reed Switch Clamp
23	1	Belt
24	1	Left Pedal
25	2	Pedal Strap
26	1	Right Pedal
27	1	Flywheel Washer
28	1	Seat Knob
29	2	M4 x 12mm Round Head Screw
30	1	Rear Stabilizer
31	2	Front Endcap
32	10	M4 x 16mm Screw
33	4	M10 x 75mm Carriage Bolt
34	7	M10 Black Nylon Locknut
35	1	Large Flywheel Washer
36	1	Lower Cable
37	1	Flywheel
38	1	Magnet
39	1	Flywheel Axle
40	1	Pulley
41	7	M4 x 25mm Screw
42	7	M8 Black Split Washer
43	1	Reed Switch/Wire
44	1	Crank Bearing
45	1	Idler Arm
46	2	M10 Split Washer
47	3	M8 x 25mm Button Screw
#	1	User's Manual
#	2	Allen Wrench

Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

EXPLODED DRAWING—Model No. PFCCEX20020

R1104A